

# DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

OFFICE OF PUBLIC HEALTH ADMINISTRATION  
351 North Mountain View Avenue, Third Floor ♦ San Bernardino, CA 92415-0010  
(909) 387-9146 ♦ Fax (909) 387-6228

JIM LINDLEY, M.P.A.  
Public Health Director

PAULA MEARES-CONRAD  
Assistant Director of Public Health

MAXWELL OHIKHUARE, M.D.  
Health Officer

Contact: Maxwell Ohikhuare, M.D.  
Health Officer  
909-387-6218

July 2, 2009  
NR# 09-59

## SUMMER HEAT PREPAREDNESS

**San Bernardino:** The triple-digit summer weather is here for the next several months. This has prompted San Bernardino County Department of Public Health to prepare for potential health concerns that accompany extreme heat.

“The best way to stay safe during the summer is to be aware of potential harmful situations, and take steps to protect oneself and one’s family,” advised San Bernardino County Public Health Officer, Maxwell Ohikhuare, M.D. Excessive summer heat brings the threat of heat related illness, from mild heat cramps to potentially life threatening heat stroke. Other health related risks include drowning and West Nile disease.

Heat-related illnesses are preventable by staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather. Here are some general tips that can help you and your family remain safe and healthy:

- Never leave infants, children or the frail elderly unattended in a parked car.
- Drink plenty of fluids. Don’t wait until you’re thirsty.
- Dress in lightweight, loose-fitting clothing. Use a hat and sunscreen as needed.
- Drink fruit juice or a sports beverage to replace salts and minerals lost during heavy sweating. (If a client/resident is on a low-sodium diet, check with his/her physician first.)
- During the hottest parts of the day, keep physical activities to a minimum and stay indoors in air conditioning and out of the sun.
- Use fans as needed.
- Open windows to allow fresh air to circulate when appropriate.
- Use cool compresses, misting, showers and baths.
- Avoid hot foods and heavy meals—they add heat to the body. Eat frozen treats.

Local cooling shelters are available, by calling Inland Empire United Way’s 2-1-1 toll-free phone number.

For more information about extreme heat, go to the U.S. Centers for Disease Control and Prevention website at: <http://emergency.cdc.gov/disasters/extremeheat/heattips.asp>

###

MARK UFFER  
County Administrative Officer

Board of Supervisors  
BRAD MITZELFELT.....First District      NEIL DERRY.....Third District  
PAUL BIANE.....Second District      GARY C. OVITT.....Fourth District  
JOSIE GONZALES.....Fifth District